

THE DAGLIGTALE

The Augustana Faculty, University of Alberta Student Newspaper

November 25, 2013

Volume 28, Issue 6



In this issue:

Page 2

Benefit Hockey
Off Campus Supper
Canadian Mayors

Page 3

Leadership College
Cyber Bullying

Page 4

Choir Concert

Page 5

Success Series
Munch Music

Page 6

Tuition Talk
Obamacare

Page 7

Opinions
Submissions

Page 8

Calendar
Winter Driving Tips

**Next Submission
Deadline:
Monday, Dec. 2**

Free Yoga, Granola, BJ During Wellness Week



VP Academic Stephanie Grubke, President Jame Vy, and VP Communication Natasha Gacke are excited for free Booster Juice. PHOTO: Robyn Sheremeta

Lee Metruene DAG WRITER

With the end of the semester growing closer, many people begin to experience more stress. Finals time is also when the flu seems to go around like a plague. What better way to combat stress and illness than with an entire week dedicated to your health?

Today marks the kickoff of a week dedicated to informing Augustana students about health and wellness. Running from November 25 to 29, Wellness Week features many different events and activities designed to improve student awareness and promote health and well-being.

ASA VP Communications Natasha Gacke states that Wellness Week is hosted by the Augustana Students' Association and is designed to promote many different forms of health, including nutritional, physical, mental, and spiritual health. Last year was the first year for Wellness Week, and the cost was covered by a grant from North Campus. This year the cost of the event is included in the ASA budget, and will continue for many years to come. Many excellent events are being offered this week, varying day to day, free of charge for Augustana students and staff.

Monday: A Free Listening booth is being offered from 9-11:30 am and 1-2 pm. Students are welcome to stop by and talk about whatever they like, and someone will be ready to listen. Free fruit and granola will also be given out in the forum.

Tuesday: Booster Juice will be offered at 9 am, 11 am, and 1:30 pm in the forum on a first come first serve basis, so make sure you get there early! Free Listening runs from 11am-2pm. Two cooking classes will be offered at 4:30pm and 7:30pm. Sign-up is required, along with a \$5 deposit that will be refunded at the class.

To sign up, there will be a table in the forum today during chapel break (9:50-10:20) and from 1:30-2:30pm, as well as tomorrow if there are still spots available. The alternative is to email atavpcom@ualberta.ca.

The ASA will partner up with AQUA (Augustana Queers and Allies) to run the Hurtful Words Campaign on Tuesday, which will continue into Wednesday. On Tuesday, a board will be placed in the forum and remain there all day, giving people the chance to write any words they find to be hurtful on it. On Wednesday the board

will appear in the Quad from 11am-1pm, and individuals will have the opportunity to throw coloured paint balloons to cover up the hurtful words.

Wednesday: Free Listening will run from 9-11am. From 10am-3:00pm, a public health nurse will be coming to Augustana to provide information about stress, and there will be an opportunity to make your very own stress ball. A yoga class will be held in the basement of the forum at 7pm. Participants are encouraged to bring their own yoga mat, as there is a limited supply available.

Thursday: AQUA will have a booth set up in the forum providing information about sexual health from 9-11am and 1-4:30pm. Free Listening will run from 11am-2pm. Also in the forum, Playing with Pets will provide the opportunity to spend time and play with friendly animals to help relieve stress from 1-4pm. At 7pm, the Chapel will hold a Worship Relaxation and Meditation Session.

Friday: The final day of Wellness Week is structured much the same as the first day. The Free Listening booth will be offered from 9-11am and 3-5pm, and fruit

and granola will again be offered all day.

Wellness Week is strategically offered right before finals. Gacke noted that they find people are most stressed at this time.

There is some debate within the ASA about the timing of the event, however. Some members believe that holding it right before finals is a good thing, because of all the stress that students face at this time.

Others are worried that many students will not take advantage of the opportunities provided because they are too busy with their school work. Last year, Wellness Week was met with very positive feedback, and the ASA is hoping that this year, featuring many new and exciting events will receive a similar response.

Last year launched two Wellness Weeks, one in each semester. This year the ASA hopes to replicate this. Gacke says they are trying to find room in the ASA budget for another Wellness Week in the second semester.

Wellness Week starts today, and will continue all throughout this week. The events planned are both fun and informative. Be sure to utilize the fantastic opportunities that are provided!

2nd Annual Staff vs. Students Road Hockey Game

Olen Hillaby DAG WRITER

Remember the good old days of getting all your friends together in the neighborhood, dragging out some hockey nets and playing a game of street hockey? There were no distractions aside from when someone yelled "CAR!" Everyone would scuffle to move the nets out of the way of the oncoming traffic. On December 4, 2013 at 7pm the Second Annual Staff vs. Students Benefit Road Hockey Game will occur, [giving students the chance] take on professors and staff, and relive their childhood memories.

The hockey game will feature students playing the professors and staff members of Augustana for year-long bragging rights. Directions to get to the Edgeworth parking lot are easy: just walk straight up 44th Ave. up the hill and across 53rd Street; you can't miss the venue.

Last year's game was

very exciting with the students winning 9 to 4; however, this year's game could paint a different picture. The staff team is determined to avenge their loss and have acquired new team members such as Dean Allen Berger.

There will be no charge to attend the game and there will even be free hot chocolate served by the Augustana Chaplains. Although it is not yet confirmed, there is a good chance that a mini doughnut stand will be at the game as well. Just like in the big leagues, the Augustana Choir will sing a rendition of "O Canada" to open the game, followed by the intense battle between [students and staff].

By now we are all mostly hardened to the cold Canadian climate; however, December nights can get pretty cold, so dress appropriately. To help keep the chill away there will be several portable heaters set up to provide warmth for both

players and spectators. As well as being able to enjoy the game in comfort, players will not have to worry about traffic since the game is in the Edgeworth parking lot—no cars to worry about slowing down the game.

All proceeds from the game will be donated to Camrose Kid Sport. Kid Sport is a local volunteer-driven organization that helps provide equipment and other necessary assistance to children who could not normally afford to play in organized sports. For more information on Kid Sport please visit their website at www.kidsportab.ca.

For more general information about Kid Sport and the benefit road hockey game, contact Joel Danyluk. Danyluk is the director of Campus Recreation, plays on the Augustana Vikings hockey team, and can be contacted at jdanyluk@ualberta.ca or Twitter at [jdanyluk01](https://twitter.com/jdanyluk01).

Off Campus Supper a Success

Robyn Sheremeta DAG EDITOR

The Augustana Students' Association's second Off Campus Engagement Supper had a turnout of over 110 students.

On Thursday, November 21, the students flocked to the basement of the forum for two different kinds of free pasta, caesar salad, garlic bread, and cake. The pasta was generously donated by Co-Op, and the cost of the rest of the supplies was minimal.

All of the ASA's executives were in attendance to set up the forum, serve food, and interact with students, and many of the councillors were in attendance as well.

The ASA was not expecting such a high turnout, and while they were excited to see so many faces, things got hectic as a line started to form for food. In order to keep the event running smoothly the councillors were on their feet most of the evening, getting supplies and occasionally stopping to talk with students.

While students enjoyed free pasta and salad, councillors got the opportunity to talk to them about their opinions and concerns on campus. As of press time, those comments have not been released, but themes from last year include: ways to get off campus, students more interested in the ASA, upcoming events, addressing student concerns, and simply getting to know their constituents.

Last year, the ASA invited students to the supper by handing out tickets. They saw a noticeably smaller crowd of approximately 40 people. The fact that this year's supper was advertised with posters and was first-come-first-serve helped to increase the crowd.

The posters advertised the free dinner to the first 75 people; the ASA scrambled to find more plates and cutlery when they counted over 90 that showed up right at 5:30. No one was turned away and there was a small amount of pasta left over after the event, due to the courteousness of attendees.

The ASA's VP Communication Natasha Gacek considers the event a success:

"Way more people showed up than expected [...] it was awesome!"

Gacek noted that the cafeteria staff helped to prepare the supper. They did this, as well as the usual daily supper, which aided the ASA greatly.

VP Academic Stephanie Gruhke could not stress enough how much of a help the cafeteria gave them in order to make the event a success. She noted that cafeteria supervisor Lidas Bielopotocky "...was an amazing help in the entire process."

The next event that caters to both on and off-campus students is Wellness Week, from November 25-29, and will feature many free classes and services. See page



2nd Annual Vikings Teddy Bear Toss!

Teddies get tossed onto ice after Vikings 1st goal!

Teddies will then be donated to Camrose Kinetics for Silent Santa!

Friday November 29th @ 7:30

Augustana Vikings VS Red Deer Kings

Brought to you by: **Home Hardware** Augustana Res Life **VIKINGS**

Municipal Who's Who Across Canada Jennifer Ha DAG WRITER

Municipal politics rarely intrigues the people living in its constituency. Camrose recently had its own municipal elections and elected Norman Mayer, former mayor of fifteen years, as the city's new mayor. The humorous "Mayor Mayer" about sums of up the buzz I heard about the elections.

There was, however, a recent scandal of the newly elected Battle River School Division's trustee, Jim Andre, and his Twitter account, which is apparently a nice collection of racist, homophobic, and sexist jokes. Another plus is that his Twitter handle was "hotone1963". Hashtags: #Yikes, #OMG, #HeResigned.

Nothing says messy municipal government like Toronto mayor Rob Ford.

Since May, there has been word about a video featuring the politician smoking crack cocaine while discussing political events. Ford quickly denied the allegations as media sources tried to locate a concrete copy of the video.

The mayor had a series of other minor scandalous events such as insulting reporters, protests for his resignation, and countless resignation from his staff.

In October, and quite a few segments on popular late-night American shows later, Toronto police finally confirmed the existence of the video. Five days later, Ford admitted to have "tried" crack cocaine in "one of [his] drunken stupors, probably." He denies, however, accusations of being an addict. He

concluded the speech by confirming his plans for staying in office as well as running for re-election. Currently, Toronto City Council has stripped Ford of certain powers and he is being greeted with less-than-warm welcomes with every public appearance he insists on making.

Rob Ford isn't the typical Canadian mayor, however. Calgary mayor Naheed Nenshi made headlines upon his election by being the first Muslim mayor of a major North American city. During the floods over the summer, he was seen as a genuine, hard-working public servant.

He was reported to have worked for 43 hours consecutively organizing flood relief plans. A Harvard

grad, Nenshi was so well-liked during the city's hard times that his face went on t-shirts that raised funds for aid with the slogan: "Keep Calm and Nenshi On." A very obvious difference from the memes associated with Rob Ford as of late.

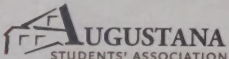
Other interesting mayors include Clayton Smith, the mayor of New Norway, AB from 1995-1998 who was a mere 18 years old when he was elected. Daurene Lewis of Annapolis Royal, NS was the first black female mayor of Canada. Glen Murray of Winnipeg was the first openly gay mayor of a major North American city and served for six years.

Lewis was elected in 1984 and Murray 2004, which follows the trend of the

climate of greater politics as well. For reference, the first black female MP was elected in 1993 and the first openly gay MP came out in 1988.

While it's easy to dismiss municipal politics as "not a big deal", those in charge are still public figures who can do so much. While some spearhead efforts to keep their communities afloat, after a flood, for example, others tend to drown in their personal problems.

While I look forward to the next step in Rob Ford's evident downward spiral, I'm glad that our municipal politics are calm and that "Mayor Mayer" is an experienced politician who has, I would imagine and hope, stayed away from the crack pipe, drunk or sober.



Proposed Leadership College Creates Contention Among Students and Administration

Jenn Laskosky DAG WRITER

[News of the University of Alberta's proposed leadership college was announced on September 13, 2013, but the issue has only just begun to attract attention. The central administration of the U of A North Campus has recently come under fire for encouraging elitism and spending money in places where some students and faculty members deem it inappropriate during the rough financial times.]

[University administration] intends to institute a leadership program for the top 144 undergraduate students, who will live in a residence separate from the rest of the students. Concerned students are saying that this project is a form of elitism and question the [sensitivity] during the university's current financial situation. What seems to be most frustrating for people is the lack of communication from the administration about the land they intend to use.

In the summer, residents and staff members living just east of [the residences in] North Campus Village were given eviction notices, with practically no prior knowledge that they would be required to move. Some notices came only two months prior to the required time of leaving. However, no funds have actually been secured yet, therefore many were able to get their eviction dates pushed back to either

December or April.

The leadership college is said to be dedicated to former premier and alumni Peter Lougheed, who passed away last September. The hope of the program is to bring about aspects of leadership to the university, as well as to the Banff Centre, which has partnered with the university on this project [due to the late Lougheed's love for both places].

[Administration] wants to make the leadership college another place on campus for students to gather and not a place that students will feel excluded from.

Each year the leadership college will accept 72 students who are entering their third year of studies. These students will be accepted based on their "exemplary leadership and academic experience" demonstrated during their first two years at the university.

Students will live in this new residence, be required to complete a community service component and work on a final project during their fourth year of studying. When they reach the year of graduation they will be presented with a recognition document and transcript notation, giving merit to the fact that they were a resident of the college.

Early cost predictions have said that the building will cost about 25 million dollars and the support for



A former North Campus Village residence building is now empty and boarded up as it undergoes its leadership college transformation. PHOTO: Julia Shoofield

broader programming will be about 83 million. However, the university's website says that the target for donations is only around 60 million. This seems to leave students with more questions than answers, but the university says that they would still like to begin building as soon as possible.

Students have also been voicing their concerns about the intended new addition to their campus life.

Many wonder how they can select only 144 students when the campus consists of about 31,000. The separate

residence may even isolate the chosen students from the rest of the university and exclude other students who were unable to meet the requirements of being accepted.

Students have voiced their opinions that perhaps they should incorporate the leadership skills into the existing curriculum instead of creating an entirely new program.

The major concern that most people are worried about is the current financial situation at the university. With professors [accepting buyout packages] and courses

being cancelled, can the University of Alberta really justify the new addition? However, it is said that much of the funds are intended to come from donors who reportedly have given overwhelmingly positive feedback on the proposed college.

[The U of A Students' Union will meet on December 10 with members of the leadership college committee, including the Lougheed family, to discuss student concerns about the project.]

Big Brother: Not Just Protecting Children from Cyber Bullying Jessica Stambaugh DAG WRITER

The government of Canada has been working on a law about cyber-bullying in light of the tragic events that have unfolded in the last couple of years.

Rehtaeh Parsons and Amanda Todd are just two among the many names of teenagers who have committed suicide because of bullying. In today's age, bullying can be taken to a new level thanks to the many technological advances that are now in a home.

In "the old days" children could be bullied at school and found solace and sanctuary in their homes. In today's society, the bullying follows them home. Through cell phones, Facebook, Twitter, and various other social medias, a teenager is continually connected to their peer groups.

The Canadian government announced on November 20 that it is stepping in to try and "protect victims and hold young perpetrators — and even their parents in some cases — responsible."

One of the ways in

which the government is hoping to do this is by instigating a law that will make it illegal to distribute "intimate images without the consent of the person in the photo".

Justice Minister Peter MacKay is calling on parents, children, and educators to work together and stop cyber-bullying. He has been quoted saying "even if a victim changes schools, moves to another community or another country, they will never know who is aware of those incidents or images," and "it's an insidious form of cyber-crime that ruins lives. It's a crime where a simple click of a button can have irreversible, irreparable repercussions for youth".

This law will allow courts to seize computers, cell phones, and other personal devices for the offense along with reimbursing the cost of removing the offending pictures from the Internet.

The legislation defines an "intimate image" as one that "depicts a person engaged in explicit sexual activity or that depicts a sex-

ual organ, anal region or breast". MacKay says he "wants to modernize the Criminal Code to give police and Crown attorneys more power to investigate cyber-bullying".

Carol Todd, Amanda Todd's mother, supports this law. She cannot help but wonder that if this law had been in place three years ago when her daughter had to start dealing with sexual extortion online then maybe Amanda would be here today.

She believes that "if there's some morality and legal consequences, maybe it will change the way they think before they write something and hit send".

What some legal experts are wondering is, "What other consequences of this law are there?" and they have a point. If the government is now allowed to roam social media sites looking for persons being sexually exploited, what other freedoms are they (the government) giving themselves?

Rob Currie, director of Law and Technology Insti-

tute at Dalhousie University, has been quoted saying: "there is a much larger agenda at play here".

He is talking about the potential use of this law to find terror suspects and people who steal cable TV signals.

This is made possible because under C-13 - the "cyber-bullying prevention law", police departments have easier access to the data content of Internet service provider and phone companies that companies keep on every call and email.

While the government of Canada is broadcasting how this law will change the way that cyber-bullying cases are dealt with, they are not using this law for one sole purpose. Only time will tell how else C-13 will affect our internet privacy.

The parents of both Amanda Todd and Rehtaeh Parsons have shown support for this new law, as they believe it to be a step in the right direction, and a show that the government is taking the issue of cyber-bullying

seriously. However professionals who study and work with issues of bullying are more cautious.

There seems to be a consensus among these professionals that fundamental change will only take place with a multi-faceted approach, meaning that this one law will not make the change that people are hoping will come.

While the professionals tend to agree this is a good step, they believe more action is necessary than a new law.

They suggest involving parents, educators, and communities as a whole to create a new sense of responsibility involving online behaviours that will be instrumental to the type of change the government is trying to facilitate.

Augustana's Choirs Present: A Ceremony of Carols and Lullabies Megan Alderdice DAG WRITER



PHOTO: Augustana Campus

Christmas is fast approaching, and with the holiday season comes hot chocolate, cold weather, and, let's not forget, Christmas carols. That's why, come the end of the month, the Augustana Choir, Sangkor, and Mannskor will collaborate to present a concert featuring some of history's greatest seasonal choral music.

Sangkor and Mannskor are otherwise known as the Augustana women's and men's choirs, respectively. They consist of a combination of university students and community members who come together once a week for a two hour rehearsal. Sangkor members are under the instruction of

Dr. John Wiebe, while those in Mannskor take direction from Dr. Ardelle Ries.

Dr. Wiebe and Dr. Ries have joined forces to direct this Christmas concert, given the name "A Ceremony of Carols and Lullabies." It will combine the work of renowned British composer, Benjamin Britten, with an arrangement by American composer Conrad

Susa. Britten's inspirational choral piece, "A Ceremony of Carols" will be performed by the women of the Augustana Choir and Sangkor, while the men of the Augustana Choir and Mannskor will perform its companion piece, "Carols and Lullabies."

"The Ceremony of Car-

ols", which is being conducted by Dr. Wiebe, has been scored for treble voices. The women singing will be accompanied by Keri Lynn Zwicker on harp.

This particular piece was written in 1942 while Britten was travelling across the sea from the United States to England. It was composed specifically for Christmas and consists of eleven movements written in Middle English.

The movements bring much emotion with them. While Christmas is widely recognized as a joyous occasion today, in the past it was looked at as a much more sombre holiday. As Dr. Wiebe says, "Christmas marks the birth of Jesus Christ, but there

is a darker side to that. Out of his birth comes the promise of his eventual death. He comes into our world for the purpose of eventually sacrificing himself." Christmas has a much more ominous meaning this way.

Britten's work captures both sides of the holiday season. His songs have a variation of moods, with some being slow and elegant and others being formidable and intense. They incorporate both sides of the Christmas story: both the celebration of the birth of a king, and his predestined, certain demise.

"The Ceremony of Carols" was not chosen to be performed purely because of its relevance to the holiday season. November 22 of this year marked what would have been Britten's 100th birthday. Performing his work will also serve to celebrate his successful life as a composer. Britten passed away in December of 1976.

In response to the women's performance, the men will be singing "Carols and Lullabies," also known as "Christmas in the Southwest." This arrangement is scored for male chorus, harp, marimba, and guitar, and is made up of traditional, Spanish Christmas carols. The guitar will be played by Trevor Sanders, and marimba by Jonathan Sharek.

"Carols and Lullabies" is comprised of ten of the

most beautiful Spanish carols of the holiday season. The songs originate from Spanish speaking countries such as Catalonia, Puerto Rico, and Mexico.

Some of the titles in this arrangement include "En Belen Tocan a Fuego," "El Desembre Congelat", and "A la Nanita Nana." These are a few of the more widely known carols that will be performed. "En Belen Tocan a Fuego" is a traditional Castilian hymn, and "El Desembre Congelat" is a carol that has its origins in Catalonia.

"A la Nanita Nana" is a Hispanic lullaby that is sung to honor of the birth of the baby Jesus. It is a beautiful piece written by the Ecuadorian Segundo Gueva Celi. It is used occasionally in popular culture, most notably in the soundtrack for *The Cheetah Girls 2*.

The concert will flow beautifully from the women performing Britten's work to the men singing Susa's arrangement. The two complement each other brilliantly, and the performances are expected to astound their audiences.

The concerts will take place on Saturday, November 30 at 8pm, and Sunday, December 1 at 3pm in the Chapel. Tickets will be sold at the door at the regular price of \$18 for adults, \$14 for students and seniors, and \$45 for a family.

Pennies 4 the

Philippines

Friday November 29th

9:30-4:30 pm

From the Library through the forum

EVERY PENNY COUNTS!
ALL COINS ARE ACCEPTED



Proceeds will go to the Red Cross to provide humanitarian relief to those affected by the Typhoon. Faithlife Financial is supporting this cause by matching up to \$250 of what is raised.



Do some days feel like a **THREE RING CIRCUS?**
Be your own **RINGMASTER!** Learn the skills you need to **SUCCEED!**

STUDENT SUCCESS SERIES

Let's Talk Success Kate Anderson DAG WRITER

Plenty of posters and bookmarks have been seen around campus about the "Student Success Series" and judging by the statistics, these workshops are just what university students might need.

We all aspire to succeed while we are in university, and sometimes it can all get a bit overwhelming.

According to a report released in June 2013 by the Canadian Association of College and University Services, in the last twelve [months] prior to the study, 53.8% of students had felt hopeless, 89.3% of students had felt overwhelmed with everything they had to do (and 52.1% had felt that way in the last two weeks), 86.9% of students had felt exhausted - and not from physical activity.

63.9% of students had felt very lonely, 68.5% had felt very sad, 37.5% had felt so depressed that it was difficult to function, 56.5% felt overwhelming anxiety, and 42.2% felt overwhelmingly angry. In general, 45.5% of students felt that the last year had more than average stress levels.

CBC covered a report given by the Canadian Center for Policy Alternatives in September, which stated that not only is the cost of attending university in Canada climbing, it is expected to have tripled in cost by 2016/17 to what it was in 1991.

Stress, finances, time management, final exams, and all of the rest leave uni-

versity students pretty spent. It's a good thing that our school offers resources for adjusting to university, or improving your university experience, in order to combat these unfortunate statistics.

This is where the Student Success Series comes in. What are they? Walk-in workshops offered by Student Services given from 12:30-2 on Mondays in the Faith and Life Center, where students can get back on track with the tasks of university.

In previous years, Student Services has put on an event called "Take Back The Term", a day-long workshop that covers similar topics about refocusing in the semester to have the success you are hoping for. "Take Back The Term" was designed for students with mid-semester stress and provide them with time management ideas, study skills, and things to stay away from like cramming and other fantastic ways to lower your grades.

This year, the workshop has been reworked in the form of the "Student Success Series". In an interview with Corinne Williams of Student Services, she highlighted the reason for the change in format.

Now held on Mondays in the Faith and Life Center, from 12:30-2, students don't have to give up a Saturday OR wake up early to attend the workshops, which is a change that you can't help but be thankful for, and is

only one of the additional bonuses. On top of that, the Student Success Series allows students to choose to attend the workshops that cater to their needs. If you don't struggle with money management, but are feeling a little freaked about finals, you can just attend on the day that deals with final exams. Different speakers do different sessions, so there are fresh perspectives each day. To top it all off, it's free!

The topics that have already been covered were "Time Management in University: The Greatest Show On Earth", with Petra Cegiely from the Aboriginal Students office and "Stress and Self Care: Taming the Tiger Within" with Carmen Person from Augustana's Personal Counselling Center.

On November 25th, you can check out the session "Walking the Money Management Tightrope" with Corinne Williams from Student Services, and after that, there are only two sessions left: "Final Exams: Preparing for the Closing Act" with Petra Cegiely, and "Keeping Your Grip On the Trapeze of Exam Activity" with Janice Fehr from the Personal Counselling Center.

This is a pilot term for the "Student Success Series", and while attendance has been on par with the week-end workshop from years previous, Student Services would love to see more people come out.



MunchMUSIC

Noon-hour Student Recital Series

Munch Music: November 22, 2013

Robyn Sheremeta DAG EDITOR

Munch Music is a free noon hour student recital series organized by the Augustana music department, and features talent from musicians (and occasionally faculty members) on campus.

The recitals occur between 12:15 and 1pm and occur approximately four times a year.

Everyone on campus is encouraged to go to the chapel and listen to students in the BMus or BA Music programs perform some of the pieces they are preparing for juries and recitals. Attending Munch Music is an excellent opportunity to hear Augustana's most talented musicians perform in a casual environment without the seriousness or time-commitment involved in attending a recital.

Munch Music usually occurs during Preview Days so that prospective students have the opportunity to get a glimpse of what the music program at Augustana offers.

At the November 22 recital a handful of prospective students and families stopped by the chapel to listen.

Before the recital officially began, piano accompanist Carolyn Olson kept the crowd entertained by playing Christmas carols such as "Frosty the Snowman".

Shortly after 12:15, Director of Music Dr. Alexander Carpenter welcomed concertgoers and introduced the student musicians.

One voice major from Joy-Anne's Murphy's studio and three piano performance majors from Inna Luzanac's

studio performed at the most recent recital. Many of the students were not strangers to Munch Music, and had performed at the recitals in the past.

Soprano Alicia Maedel began Munch Music by singing Schubert's "Suleika 1, D. 720", with text written by Marion von Willemer and adapted by Johann Wolfgang von Goethe. Maedel was accompanied by Carolyn Olson.

Jerry McCusker performed one of Chopin's many piano works: "Nocturne in b flat minor, Op. 9, No. 1", and Spencer Kryzanowski followed with Bach's "Prelude and Fugue in f sharp minor, BWV 883, Book II". The last performance of the recital was credited to Katrina Lexvold, who performed "Thirty-Two Variations on an Original Theme in c minor" by Beethoven.

Four vocal performance majors from the studio of Kathleen Corcoran were expected to sing, but due to conflicting time schedules among singers and accompanists they were not able to attend. However, they still received ample performance practice at the annual Schubertiade (re-titled "Lieder in the Living Room") the night before.

Munch Music performed at Munch Music is almost always performance-ready (or very close), and musicians use the experience as a practice run for the juries and recitals mentioned before.

The next Munch Music recitals are scheduled for February 7 and March 28 2014.



**We  our
ecuaexperience!**

INFORMATION SESSION | March 5, 2014 | Roger Epps Conference Room | 4:00pm

www.ecuaexperience.ca

Tuition Increases for All! Ian Anderson DAG EDITOR

Since the financial troubles of the University of Alberta started, a fear among students has been tuition increase. With the university wide cuts, and staff taking VSPs (Voluntary Severance Packages), is a tuition increase next?

Most likely, but keep in mind that the Alberta government is currently protecting the majority of students with a tuition freeze, but that won't last very long.

Students have been expressing their concerns and complaints regarding tuition increases to administration since budget cuts were announced, but it is really fair for students to complain?

The university needs to be sustainable, or at least break even, so why not

charge their customers until that level is reached? The alternative is what we are already seeing: a reduction in course availability, loss of professors and instructors, and delayed or cancelled projects meant to enhance the university (which are more noticeable at North campus).

What is better for the students: staying off a few hundred dollars of increased tuition or losing bits and pieces of the system around them? All of this is happening at a time where post secondary enrollment is at its highest levels ever, which has put a strain on the facilities and programs.

Now I'm not saying that tuition increases are to be celebrated or looked forward to; however, when there is a

rationality behind the increase it becomes very hard to fight it and demand that nothing gets cut. This is what the students have been doing and it creates a stigma of entitlement towards them.

Look at last year with the Quebec student riots. They made international news over a 75% increase in tuition. That sounds like a good reason to riot, but look at the cost of tuition for them.

On average a Quebec resident pays less than \$2,000 on tuition (Full-time Concordia tuition for Quebec resident is \$1,774.77), that would be an increase of \$1,500 for a total of \$3,500. That is almost the same amount we pay here per term!

The administration is

not without fault either. Some of the higher ups could take a salary cut to help out, be more open and clear about what is happening (change.ualberta.ca is a good start).

The major problem was that the provincial government put restrictions on how the university can operate, and this micro managing has led the U of A down the road we are on now.

So to all my fellow students, if you want the level of education and services to remain the same, when the university gets dealt with a huge cut, prepare to make up the difference. Stop the hypocrisy of wanting all the services and classes to stay, but not wanting to pay for it to be covered.

Disagree?

Send us your letters to the editors and opinion pieces to asadag@ualberta.ca*

*The Daglightale reserves the right to not publish submissions that may be deemed harassment, or hateful in nature. Opinions are views of the authors, and not The Daglightale, the ASA, or Augustana.

What grinds your gears, Augustana?

Articles that have no student interest. Like Katy Perry vs. Gaga. What about international tuition increase?

Self-entitled editors who think they're funny

Everything being due at the same time

Toilet backsplash

Loud chewing

Pictures of people's babies filling up my Facebook newsfeed

When Will Obamacare Finally Take Off? Jessica Stambaugh DAG WRITER

While no one would have thought that starting up a program such as the Affordable Care Act (Obamacare) would be easy, surely no one could have foreseen some of these difficulties. But before getting into what is wrong with the launch of the act, perhaps a look at what it hopes to accomplish is pertinent.

The Affordable Care Act "attempts to reform the healthcare system by providing more Americans with affordable quality health insurance [...] Reforms include new benefits, rights and protections, [and] rules for insurance companies". Just how does the act plan on doing this?

There will be access to new benefits and protections that will cut down the abuse that some Americans face when dealing with the health system. Premiums are also going to be reduced across the board along with "out of pocket" expenses, which is partially where the term "affordable care" comes in. By reducing premiums and cutting down on the expenses outside of the premiums, health insurance is more widely affordable by Ameri-

cans.

There was also quite a lot of discrimination on the part of the insurance companies that Obama and his government are hoping to eliminate. Before, you could be discriminated against because of your gender, salary, and health status: whether or not you have a pre-existing condition. In fact, part of the legislation includes a new assistance for those with a pre-existing condition.

The last truly mentioned factors include dependants being able to stay on a plan until they are 26, no extra cost of preventative care or immunization, rules to ensure equality in the workplace in regards to healthcare, and the elimination of lifetime and annual limits on benefits.

Most of this may seem quite common to us as Canadians, but these are all brand new to the American health insurance scene. These changes to the regulations surrounding health insurance will mean that the market for insurance is competitive and comparative meaning citizens of America will be able to compare and contrast health insurance plans that are now

competing more equally and broadly for people to buy their plans.

There has been large resistance to the act thus far: these changes are drastic and will alter many lives throughout the country. Since its launch on October 1st, there have been many obstacles.

There are many people hesitant to look into new insurance as there are still questions such as whether or not the citizen may keep their doctor, how much premiums are going to be, and the nature of the general coverage. By far the biggest hurdle that Obama is facing is the errors that have been encountered with the website.

One of the more modern changes to health insurance in America is that there is now a website where any American can go to shop for health insurance. However this website has seen, in the last two months, more difficulties than anyone expected. Arguably the largest problem that Obama has to tackle is the fact that Americans who have cancelled their previous insurance and have gone online to buy new insurance are now insurance-less, and having problems making

heads or tails of the website.

One news site explains that the website has "seen glitches and technical errors since it was launched on Oct. 1, arousing questions about the function and credibility of the website". Another site discusses how the website has "witnessed high-profile failures and [been] almost out of service during the first two weeks, as consumers reported difficulties of signing up and getting enrolled". These issues are being taken personally by Obama, partially because this Act is his presidential legacy, and partially because now he has many citizens without insurance all together.

Obama has been working diligently to bring the website up to working order, and authorized insurance companies to keep their clients until the new year even if the insurance plans do not mirror the regulations put in place at the beginning of October. While these companies are not obligated to take back their clientele, Obama has made it clear that doing so will incite no negative consequences until he can get the website up and running.

Obama has been quoted many times taking this issue into his hands and first on his to-do list, most memorably saying: "there have been times where I thought we, you know, got slapped around a little bit unjustly. This one's deserved, all right? It's on us". He has not once tried to pass the blame or insist that his plan is working flawlessly, but he is diligently working on getting "the darn website working and smooth[ing] this thing out".

His eye is on the clock with this one: December 15th marks the "last day consumers can enroll for coverage that begins January 1st". Right now he, and his government, is working on getting the website running smoothly for the end of this month, giving Americans two weeks after fixing the website to go and buy new insurance before the deadline.

At the time of publication the issues with the website have yet to be resolved, and many critics are nervous that the wrinkles will not be smoothed out in time, meaning that some more "band-aid" governing will have to take place.

Op-Ed: Online Articles as News Sources Cameron Raynor DAG WRITER

The next time you are browsing the web and read an interesting article, before you share it on Facebook, tweet it, email it to your friends or whatever you're thinking of doing, stop, and ask yourself, "This is amazing, but is it actually true?"

Most of us have probably seen them: "Myth-Melting Study Finds Chocolate Burns Belly Fat, Improves Cholesterol," from greenmedinfo.com, or "16 Conspiracy Theories That Turned Out To Be True," from trueactivist.com; articles with little legitimacy circulating on the web. The problem is most of these articles are based on poorly done science, ignore facts, and are simply untrue.

Remember, anyone can publish online. Anyone can make a website or blog and write whatever they like. In traditional journalism there are standards; articles should be well sourced and verified and present all sides of a story. Realistically this

doesn't always happen, but it quickly becomes common knowledge if a major media organization is spewing garbage or has an obvious bias.

Just because an article cites scientific journal articles doesn't mean it's true. Many of the studies cited in the all-too-common miracle health articles have tiny sample sizes and are poorly conducted. In some cases the actual results of the studies don't actually agree with the headline! On top of that, just because one recent study has an unexpected result doesn't disprove the thousands of other studies that support the accepted fact.

Even more disturbing is the declining quality of research being published online. Open access journals offer a platform for upcoming researchers to gain exposure and even offer to publish for a fee. The journals claim to check or peer review what they publish, but in a recent sting operation conducted by

a Harvard journalist, articles containing blatant errors that could be recognized by "anyone who had completed high school chemistry" were sent to over 250 journals and the paper was published in 70% of the journals - scary to say the least.

Most unscrupulous internet articles cater to people who would rather not accept the truth. The truth can be inconvenient and being fair minded isn't always fun and easy. Don't like the government? Find articles by the millions of other people who didn't vote for it. Think homeopathy is awesome? There is plenty of anecdotal evidence out there to back you up and the author probably won't mention the science that disproves it. Bogus opinions seem valid because of how easy it is to find someone who agrees with you online. There are a lot of people on the internet. Did you find something online that

agrees with your opinion? Congratulations! Keep in mind there is also a white supremacist version of YouTube and websites "conclusively demonstrating" global warming is a hoax. When there are billions of people on the internet, a lot of people can believe the same thing and be wrong. Check what you're reading; if the website is pushing some sort of agenda, your source is probably unreliable.

There are also plenty of motives for people to post poorly researched or deliberately misleading content on the internet. If you want to get page views so you can sell advertisements and sustain your existence on the web, you need people to click on your articles. If you want to make a good living you're going to need about 2 million views a year. People tend to click on headlines that are sensational, make them angry, or provoke a very strong

emotional response.

The other way to drive up those page visits is to be the first to report something. When there are no journalistic standards to adhere to, the easiest way to do that is publish everything you hear and publish it as soon as you hear it. Can't pay the bills by selling ads? Then you'll be looking for a sponsor. Most of the backers for blogs are large companies (who can afford to invest in such things) and surprise! They prefer if you are kind to them in your posts. This is sometimes referred to as a conflict of interest.

Yes, we all want our news to be exciting, and we all want to be the first person to know about the next big thing, but please, think about what you share. If you circulate garbage, it isn't helping anyone.

A Response to "On Labelling Women Crazy" Submitted by Hannah Falk

An article on Huffington Post is generating a lot of cyber buzz lately. A dating coach created a list of five deadly words that should never be used towards a woman: slut, ugly, fat, bitch and crazy.

Now this should be pretty self explanatory, as name calling has been pretty much unacceptable since kindergarten. But then what do we do about the women out there calling men dicks, pussies, douches, bastards, motherfuckers, or pricks? We do nothing.

Now before the office gets flooded with angry letters saying that I am anti-feminist and other such nonsense I would like to point out

that feminism is NOT about giving women higher rights than those of males. It is to make it irrelevant what gender you are. It is not acceptable for society to allow men to label women as sluts, whores, or crazy bitches. But it is also not acceptable for women to do the same to men. It does not matter if what gender you identify with, you should have all the same rights and liberties as everyone else. This means we need to respect people because they are people, and not because they have a specific gender. There is such a focus on the atrocities committed against women that sometimes we place a higher emphasis on them.

The reason for this rant is because the other day I witnessed a pack of women pouncing on a poor guy in Wal-Mart and calling him a "douchebag", then proceeded to mock him and insult his manhood to his face. Later that evening the instigator of this group of girls posted on Facebook a link to the aforementioned Huffington Post article. Clearly her earlier actions hadn't crossed her mind.

The weekend before, a girl I work with told me it was impossible for a man, if he was passed out, to be raped by a woman. She believed that an erection could not occur if the man was asleep. She also thought that

if there was an erection present, then that meant consent. Science (and every thirteen year old boy) would say otherwise.

Why is not every feminist who believes in equal rights freaking out about the injustices that men face? Why do we allow there to be this double standard regarding what is and is not appropriate? We allow women to slap men in the face because he broke her heart, but if the man were to do so it would be assault. Am I the only one who thinks there is something wrong with this?

Women everywhere, hear me, we as females are wonders of human nature; we

are strong, vibrant, capable and nurturing. Yes, in the past we have endured many hardships, and fought hard for the rights that we now have. There are even still battles to be fought in the name of women's rights. But don't let that make you think that it means you have the right to push the balance in the other direction. It is actually accomplishing the opposite of what we hope to achieve.

You do have the right to stand up for yourself in times of oppression, but just because someone hurt your feelings doesn't mean you are oppressed. We need to start understanding that it isn't always about us. It's about everyone.



The Daglight ad & submission deadlines:

December 2
January 6

February 3
February 17
March 3

March 17
March 30

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Letter to the Editors: Confessions of an Environmental Activist Submitted by Kerstyn Lane

I was entertained as of late by an anonymous confession in a Daglight edition which shared that Earthwise's agenda really grinds someone's gears. That our club has made an impact on this person in some way, albeit negatively, encourages me to shed some light on the case of an environmental activist.

Although we do favour letting you know that recycling, conserving water and curbing energy consumption does help to reduce your personal ecological impact, I

agree-what you do is really none of our business. However, when your actions are harmfully polluting the air we breathe, the water we drink, and the soil that grows our food, something deserves to be said.

The short sightedness of our consumer society is depleting the regenerative capacity of our earth so drastically that the chances to a long, happy life for many people in the world are being cut short.

It's true, sometimes we are hypocritical. We buy a

Starbucks latte or drive to Edmonton for the latest David Suzuki presentation. But no one is perfect. If we could inspire just one other person to carpool, or bring their reusable mug next time they buy a coffee, I think we have made a difference.

In essence, we aim to provide a voice for the land, the water, and all beings whom depend upon it, but who must resist exploitation in silence. No, we do not protest, program, or poster for the sheer enjoyment of pissing off the conservative type

(though this can be amusing).

The ridicule, heated conflict, and blatant ignorance that we are required to endure may prove defeating at times.

We must consistently remind ourselves to not burden our shoulders with the problems of the world—our own problems are heavy enough. But discontent with the dominant paradigm of our society urges us to make some admonishing suggestions, to make you think twice about actions that do harm—not only to our earth, but to

our culture and our bodies as well.

Next time the agenda of an environmentalist grinds your gears, I encourage you to ponder the question: "What are these people asking me [to] think about?" Be critical of all messages that suggest for you to think a particular way, including ours!

By thinking critically and engaging with issues that truly matter we not only aspire to make our own lives better, but to better equip the next generation with a sustainable future as well.

DECEMBER 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
24 Wellness Week Success Series: money management	25 Wellness Week Success Series: money management	26 Wellness Week	27 Withdrawal Dead- line Wellness Week	28 Wellness Week RCR: David Myles	29 Wellness Week Curling: ACAC Regionals Hockey vs. RDC	30 Recital: Augustana Choirs Curling: ACAC Regionals
1 Recital: Augustana Choirs	2 Success Series: Finals	3	4 Benefit Road Hockey Cabaret of Forbid- den Acts	5 Last day of classes	6 Music Juries Basketball vs. MSUN	7 Basketball vs. MSUN Curling Funspiel
8	9 Success Series: Finals	10 Exams	11 Exams	12 Exams	13 Exams	14 Exams
15	16 Exams	17 Exams	18 End of Exams!	19 Residence Closed; Reopens Jan 5th	20	21 Library Closed
22 Library Closed	23	24 Library Closed till Jan 2nd	25 Christmas	26 Boxing Day	27	28

Soup Supper: Tuesdays 5-6 Chapel: Mondays, Wednesdays, Fridays 10-10:20

Winter Driving Tips: How to Safely Conquer Alberta Roads

Tiffani Blatchford DAG WRITER

You might think that winter driving tips are redundant. You've heard them all before. Slow down, get winter tires, etc. But despite having heard all of these tips before, so many people end up in the ditch simply because they don't bother to follow the advice they've already heard so many times. With such heavy snowfall throughout the winters in Alberta, it's important to learn a few tips and tricks for navigating the slippery roads this time of year. Ending up in the ditch wastes a lot of time and can cost a lot of money, not to mention the physical and mental health aspects of the whole experience. So be careful, stay safe, and get where you're going with as little grief as possible this winter. Here's how:

Scrape all of the ice off of your windows. It's a simple task that can make a world of difference once on the road. When you're in a hurry and it's cold outside, it's tempting to simply scrape a little patch off so you can see out the driver's side of the windshield and get motoring. But with visibility often poor as it is, due to weather and lack of sunlight in the winter, it's very important to make sure that you have full visibil-

ity out of all of your windows.

If possible, park your car in the garage to keep snow and ice off of the windows. If this isn't possible, it's smart to start your car ten or fifteen minutes before you leave, so that it can heat up and allow the windows to defrost.

Invest in a set of winter tires. They can be pricey, so ask for them for Christmas if you have to. You may not think it, but a set of basic winter tires really improves your traction, and makes driving on icy roads easier and safer. Another way to help improve traction is to add weight to your car, which is easily done by putting some sand bags or cinder blocks in the trunk.

Before you head out on the road, make sure that you're prepared for any situation. The essential tool for any Canadian driver is, of course, the ice scraper. Keep one under your seat for easy access. If you don't have a scraper, a credit card can be used in a pinch.

In the event of an accident, you'll want to make sure that you have a first aid kit handy and a basic road kit, available at any Wal-Mart or Canadian Tire. Most kits include a set of booster cables, matches, candles, and an as-

sortment of other things that could come in handy. If you end up having to wait by your car for a tow truck in the middle of a -30 degree night, you'll want to make sure you have plenty of warm blankets, coats, hats, and mittens, just in case. You should also keep some drinking water and energy bars stocked in your car.

Check the weather report before you leave and choose the safest route rather than the quickest route. Avoid high traffic areas and make sure you give yourself plenty of time to get where you're going. Never rush in the winter. In bad driving conditions, such as a blizzard, it's acceptable and even wise for you to slow down to a speed that you feel safe driving. Use your hazard lights if visibility is low and you're driving slowly, to warn other drivers that you're there.

There are a variety of other simple safety tips recommended by the Ministry of Transportation. It's a good idea to maintain a larger following distance behind other vehicles, which will allow you more time to stop if the person in front of you brakes suddenly or skids. You should also brake and accelerate more slowly than usual to avoid losing traction and slip-

ping. In fact, it's good to make sure all of your driving manoeuvres are slower and more careful than usual.

Keep an eye out for icy patches when you're driving, and be aware that black ice is difficult to see. Don't brake or accelerate on icy patches if you can avoid it. If you ever do find yourself in a skid, here are some tips on how to handle it: Do NOT brake or accelerate. Keep your hands on the steering wheel and steer in the safest direction- if you're on a highway with no median, it may be safest to steer your car into the ditch to avoid oncoming traffic. Be careful to steer smoothly and gradually, because over steering can send you into a spin. If you're skid-

ding in a straight line, try stepping on the clutch or shifting into neutral to slow down.

Keep yourself, and others, safe on the roads this winter by making sure you're prepared for harsh driving conditions. Leave for destinations early to ensure you aren't in a hurry. Drive slowly and take your time when turning, lane changing, braking, and accelerating. Make sure you're prepared in case of an accident. It may also be a good idea to get an AMA membership. They usually cost around a hundred dollars for a year and can cover towing and other highway maintenance. Drive safe!



PHOTO: Top Gear tundraheadquarters.com